

## **ABSTRACT OF THE DISCLOSURE**

An exercise apparatus includes a pressing bar assembly interconnected to a lifting assembly. As the pressing bar assembly is pivoted, the lifting assembly also pivots and angularly raises a seat assembly on which a user is positioned. Resistance bands and the user's own weight provide resistance to movement of the pressing bar assembly. A user may perform a variety of exercises on the inventive apparatus according to the position of the body. A user may perform exercises from an initial sitting position, an initial side-lying position, an initial prone position, or an initial kneeling position.